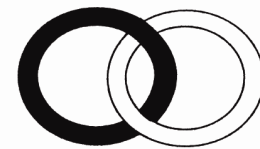


The
Redwood
Empire

Therapist

MARCH 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

“Demystifying Addiction: Understanding Addiction as Attachment Disorder”

Please join us on at our March 9th regular monthly meeting when Thomas Hedlund, MFT, will speak on the topic, “Demystifying Addiction: Understanding Addiction as Attachment Disorder”.

The process of addiction must be differentiated from the symptoms of recreational substance use or abuse in order for the clinician to identify the specific signs of addiction and then implement appropriate motivational methods to guide the client toward treatment.

New breakthroughs in the neuroscience of affect regulation and attachment theory have proven that addiction is a brain disease rooted in early emotional development. Dramatic scientific images of the brain demonstrate the changes between addicted and normal brains. Current neuroscience weaves together a compelling argument for addiction as a destructive attempt to restore a person to emotional balance or equilibrium.

These recent breakthroughs in attachment and affective neuroscience help explain how early life survival and adaptive mechanisms become barriers to flexibility and change in adult life. Fundamentally, failed attachment to the caretaker creates attachment to survival mechanisms and defenses which eventually become attachments to chemicals and other compulsive behaviors in a vain attempt to find safety, protection, comfort and security.

Addiction develops from the inside out and heals from the outside in. Understanding the role shame plays in separating us from our natural connection to our authentic emotions and inner life helps us assist clients in understanding their own behavior and needs. A description of the stages of development of addiction and of recovery illustrates the steps necessary to arrest addictive behavior and repair the distorted thinking, feelings and behaviors which limit our adult potential and function.

Addiction affects the entire brain function including judgment and self control centers, which create what is now called “the biochemical personality”. The progressive, destructive nature of this process explains and helps us to understand the erratic, irrational and denial based behavior associated with advanced addiction. Denial can be described as a neurological condition in which the brain is neurochemically tricked into believing that everything is fine, even as one’s life and health deteriorate.

Hope for recovery and wellness can occur when examples are discussed about the brain’s recovery process when abstinence is obtained. The vulnerability to relapse can be described through using illustrations of the permanent changes in brain function that are caused by addiction. Treatment options and recommendations can be made more effective through the use of the guiding science behind both the disease and recovery process.

March 9th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Demystifying Addiction

Thomas Hedlund, MFT

Odd Fellows Temple/ Mercer Hall, 545 Pacific Avenue, Santa Rosa

COMING April 13th

**Your Psychopharmacology Questions
Answered**

Dr. Ari Harrison, Psychiatrist

Thomas Hedlund is a marriage and family therapist, workshop leader and educator from Santa Rosa, CA. In private practice for 27 years, Thomas specializes in recovery related issues including addiction, compulsive behavior and the healing of trauma, shame and abuse. He has recently completed his first video series of presentations called "Indecent Exposure: The Hijacked Brain's Quest for Wholeness." Thomas also works as a communications, addiction and family systems consultant for The Family Intervention Institute. To this work he brings his commitment to his own recovery and his broad knowledge of the origins of addictive and compulsive behaviors. As Clinical Supervisor for John Bradshaw's seminars, Thomas has created several state of the art recovery workshops on the topics of, *The Impact of Alcohol on the Family*, *Coping With Trauma*, *Roadblocks to Recovery*, *Healthy Communication and the Brain Science of Addiction*, and *Trauma and Shame*. He presents trainings and seminars at treatment centers across the United States, United Kingdom and Australia.

See you at the March meeting!

President's Message

Gail Van Buuren, MFT



I had an aunt who always used to say, "And I am here to tell you..." Well, it is my turn to say: **I am here to tell you** that over and over I am so impressed by the quality of presenters at our RECAMFT meetings. Since the first

meeting I attended in February a year ago I have been delighted at the variety of subjects and approaches that our community has volunteered to place before the members of RECAMFT. There are many aspects to our profession and many different techniques that we can use to help our clients reach inside to find their strengths, their blocks and unleash their potential. Not only does each client require tailor-made treatment but each problem responds better to some approaches than to others.

This is exactly why the variety of speakers we have are so stimulating for us. It is amazing, the amount of ideas and information we are handed in that hour and a half. The Board in general and Christine Erickson in particular are doing a great job in finding and scheduling these presenters. I have come away from every meeting with fresh ideas for helping this or that client and feeling stimulated to challenge myself to be the best that I can be in my work.

At our holiday meeting in December and at our marketing brainstorm session in January I began to have a sense of what this community of psychology professionals brings to a collaborative meeting of our minds. The Board determined to utilize this quality further by taking the last portion of each meeting to have an open discussion among the attendees. We did this after Denise Galt's presentation on Imago for the first time and **I am here to tell you** that I don't think it is my imagination that RECAMFT is growing a

stronger professional community as we listen to each other's comments, opinions, and observations. It is such a pleasure to me to get to know those who are able to attend our meetings. This is quite a collection of thoughtful individuals with a great depth of experience and wisdom from which to draw and share.

I realize that some of you are unable to get away for our Friday meetings. At our Law & Ethics workshop two members requested evening meetings. If more of you come forward in favor of that, it would be possible to develop that venue. Marin CAMFT has both day and evening meetings. We would need a good bit of interest, though.

This is your chapter and your input is invited and appreciated. At the open discussion in February, Christine asked the attendees their opinions on presenters we are considering for the next several meetings and the feedback was extremely helpful, although I do not think the psychopharmacology presenter will be bringing samples. The suggestion cracked all of us up, nonetheless. The RECAMFT Team is reproduced on the back of the newsletter so feel free to contact any of us and especially please consider both contributing to the newsletter and/or donating a little of your time and energy to the chapter. Enjoy the rain. Don't forget to look for rainbows.

Gail Van Buuren



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THE ETHICS GROUP

I attended the last Ethics Group Meeting which was hosted by Kris Hall at the Angela Center. It was a small informal group of our members who shared their ethical dilemmas and concerns in a wonderfully warm and open manner. We discussed how some participants are progressing with their professional wills but also occasions in which we had each come up against ethical concerns. I plan to return and enjoy this rich company again.

Gail Van Buuren

Ethics Group Meeting

The Ethics Group meets once each in the Fall, Winter, and Spring. Topics for group discussion are generated from our own clinical practices or by an issue that has come up for one of us. For example, we discussed how to create and put in place a Clinical Practice Will, which we all should have. Our meetings are informative and stimulating and RECAMFT members are invited to attend. No ongoing commitment is required.

Next Meeting - May 4, 2007

1:30 - 3:00 pm

For more information call Coralia Serafim at
781-0133

What You Missed

By Christine Erickson

On January 9th, at the general RECAMFT meeting, Denise Galt, LCSW, presented on the topic of Imago Relationship Therapy. Denise outlined the basic principles of this style of therapy which includes the theory that people are born with a sense of wholeness which is lost during the process of adapting to life circumstances in childhood. She described the different phases of relationships and how romantic love can develop into bitter power struggles. Denise outlined the goals of Imago Therapy and showed a DVD which highlighted these points. The DVD focused on actual couples talking about their experiences in therapy and showed parts of an in-depth couples' therapy session in which Imago Therapy techniques were utilized. During the session, a childhood wound was triggered in one of the clients and the therapist worked with that in a way which facilitated growth in both partners. Denise also spoke about techniques for working with clients in individual therapy to promote a greater capacity for healthy relationships. Following the didactic portion of this talk, Denise answered numerous questions from the group.

This was a very informative presentation and Denise's knowledge and understanding of her topic was impressive, as was, obviously, her skill level and experience as an Imago Therapist. Thank you, Denise, for presenting on this rich subject and for sharing your expertise with our RECAMFT community!

(After the formal presentation, a lively discussion ensued per our new meeting format, during the last half hour of the meeting, people shared their ideas with one another about the subject presented and exchanged information such as book referrals on this and other related topics.)

NEW ON THE RECAMFT TEAM

Roberta Vinck has joined as Membership Chair. Leslie Hansen has taken the job as Conference Chair and will be assisted by committee members, Romy Brock and Jackie Good. In addition, Romy and Jackie have volunteered to get the newsletter in the mail each month and need a third member. Vicky Settle will be managing the CEUs now. We are so pleased to have you on our team.

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The 5150 Raffle is held every month at the RECAMFT general meeting. All attendees are eligible to win. Winners please contact the person donating the service within 6 weeks. Feel free to pass the prize to someone else if you are not able to take advantage of the offering. If anyone has ideas about people who might be interested in donating future 5150 prizes, please contact Jan Lowry-Cole at 542-7987. Enjoy! (For winners of the raffle, please give Jan feedback about the service you receive.)

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March's 5150 Raffle

The 5150 donation for March is a 90 minute session of TUNING IN to the Body being offered by Jerry/Izzy Green, a mediator and somatic practitioner in Sebastopol. The winner may use the session individually, or bring 1-3 colleagues, family members or friends. TUNING IN is a somatic orientation to addressing pressures in communication and conflict management. It reveals pre-disposed responses to pressure, and enriches mental strategies with body-wisdom basics from the art of Aikido. This original mind-body awareness orientation promises to reduce pressure driven mistakes and repeats, avoid arguments and disputes, encourage team building and cooperation, and enhance intimacy. Great for couples work. All this without thinking. It could take years to figure this out by arguing. Others have said: "Surprising how much I got from exercises that were simple and fun...My intuitions became clearer and more reliable... It empowered me to show up with my whole self...He contributed to my work as a mediator and teacher of Non-Violent Communication." Many thanks to Jerry for his generosity. He can be reached at (707) 824-4344, or you can visit his website at www.GreenerMediations.net.

INTERN SUPPORT GROUP
Peer Led/RECAMFT Sponsored

Next Meeting, March 4th

Contact Katherine Kirk, MFT Intern, IMF 48063
538-2716
spiralk@earthlink.net

The Intern Support Group is open to all pre-licensed trainees and interns. The content is open to whatever those who attend would like it to be. It is an informal conversation where we can provide mutual support, information, resources, networking, referrals, job hunting resources, and licensing exam tips to each other as needed. The group is a safe place to reflect and share with each other about our joys and challenges. The group is free of charge and attendance is on a drop-in basis with no commitment or obligations to attend other meetings.

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Ads and Announcements

Groups, Workshops & Classes

ANXIETY/OCD GROUP: open weekly evening group in Santa Rosa & Petaluma. Contact Doris Sami, DSW, LCSW at 544-0821, 25 yrs exp. or Kate Maxwell, Ph.D., LMFT, 237-8900, 17 yrs exp.

Office Space

HISTORIC CHERRY ST. OFFICE available M, W, F 24 hrs., Tues Eve., public transportation, parking lot, wheelchair access, sand tray call 523-9920

DOWNTOWN office available Wed, Sat and Sun. Excel. parking and transport. Warm atmosphere. Call Barbara 707.478.2892

Large shared therapy office, newly decorated, waiting room, great location and parking. Available Thursdays and Fridays, \$160 a month for each day. Accommodates sizable groups as well. 888 Third Street, SR. 707-525-1937

Employment

COUPLES THERAPY INTERNSHIP AVAILABLE
The Couples Center Intern Program is currently seeking an advanced intern interested in couples counseling training and experience in a private practice setting. Referrals are provided with offices in Rohnert Park and Sebastopol. Interested parties please call Mary Hinsdale MFT at 824-1804.

FSA IS OFFERING PAID INTERNSHIPS for MFT and LCSW interns for 2007-2008. General counseling pays \$7.50 per client hour and bi-lingual counseling in Spanish pays \$10 per client hour. The internship includes individual and group supervision, clinical training, training in domestic violence treatment, cultural sensitivity training and supervision groups in Spanish. Call 707-545-4551

MARIN CAMFT's 26th ANNUAL PROFESSIONAL CONFERENCE

DANIEL HUGHES, Ph.D
Founder of Dyadic Developmental
Psychotherapy(DDP)

Dyadic Developmental Psychotherapy:
Healing Trauma, Creating Secure
Attachments

Saturday, March 17, 2007
9:00 AM to 5:00 PM
Embassy Suites - San Rafael
7 CEUs

Bulletin Board

OUR THIRD BROWN BAG LUNCH will be held at the Couples Center on Friday, April 6th from 1:00 to 2:30. Mary Hinsdale and Peter Krohn will host an open-to-all therapists drop-in discussion about couples therapy. Bring questions, ideas, dilemmas and something to munch, we'll provide tea and water. The group will offer feedback, resources, ideas and support. If you know for sure that you are coming we'd love to have you leave a message at 823-3945 Ext. 1#. Dropping-in is ok too. Couples Center 120 Pleasant Hill Ave., Sebastopol. Meetings will be held in the lunchroom on the 2nd floor accessible from the stairs on the west side of the building.

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line
Non-members - \$12 per line

Flyers inserted in newsletter - \$100

Mailing labels - Members - \$65
Non-members - \$125

Display ads (camera ready):

Full page - 9.75" x 7.5" = \$200
Half page - 4.75" x 7.5" = \$110
Quarter page - 4.5" x 3.5" = \$60
Eighth page - 2" x 3.5" = \$35
10% discount for 5 month ad commitment
20% discount for 10 month ad commitment

Deadlines:

Articles & letters - 10th of the month
Advertisements - 5th of the month

For more information call, fax, or email the office at:
707 575-0596 or therapy@recamft.org

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REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
OF MARRIAGE & FAMILY THERAPISTS
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RECAMFT TEAM

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-FORWARDING SERVICE REQUESTED-

NEWSLETTER

Editor: Rebecca Kuga 415 898-0504
Formatting: Gail Van Buuren 494-4198

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Website: F. Michael Montgomery 578-9385
Community Outreach: Diana Poulson 824-4782
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